



Kursplan



20.05.2019 - 26.05.2019

Campus Wellness & Sports
Kantstrasse 1
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CAMPUS
WELLNESS & SPORTS
REHA & FITNESS TRAINING

Montag 20.05.2019	Dienstag 21.05.2019	Mittwoch 22.05.2019	Donnerstag 23.05.2019	Freitag 24.05.2019	Samstag 25.05.2019	Sonntag 26.05.2019
08:30 - 09:20 Reha-Sport	08:45 - 09:30 4DPro Moni	09:00 - 09:50 Reha-Sport	09:00 - 09:55 Reha-Sport	09:30 - 10:30 Bodybalance Moni	09:30 - 10:30 Pump Your Body	09:30 - 11:00 Yoga Advanced Jutta
09:15 - 10:15 Cycling Katrin	09:45 - 10:30 Cube Moni	09:15 - 10:15 Rücken Fit Katrin	09:15 - 10:15 Cycling Katrin	10:45 - 11:45 Bodybalance Moni	14:00 - 15:00 Dance School Kids 7... Katja&Darline	10:00 - 11:15 Bodyworkout Nadine
09:30 - 10:45 Yoga Jutta	09:45 - 11:00 Rücken Fit Katrin	10:00 - 11:00 Five® Gym Moni	10:00 - 11:00 Zumba® Fitness Theresa	15:00 - 16:00 Reha-Sport	14:30 - 16:00 Cycling Katrin	10:00 - 10:45 Cube Sandra
10:30 - 11:20 Reha-Sport	10:00 - 11:00 FitSteps® Ilka	10:30 - 11:30 World Jumping Kristina	10:00 - 10:45 4DPro Moni	15:00 - 16:00 Dance School Rookie... Max		
16:00 - 16:50 Reha-Sport	17:00 - 17:45 Reha-Sport	15:00 - 16:00 Dance School Rookie... Darline&Katja	16:30 - 17:30 Five® Gym Lucas	16:00 - 17:30 Dance School Advanc... Seren		
16:30 - 17:15 4DPro Janick	17:00 - 17:55 Kids Fit ab 7 Jahre... Steffi	16:00 - 17:20 Dance School Advanc... Seren	16:30 - 17:15 Reha-Kids, 6-9 Jahr... Andre	16:30 - 17:15 4DPro Lucas / Kim		
17:00 - 17:50 Reha-Sport	17:00 - 17:45 Cube Sandra	16:30 - 17:15 Reha-Kids, 10-14 Ja... Andre	17:30 - 18:15 Cube Moni	17:30 - 18:30 Step Aerobic Katrin		
17:30 - 18:15 Athletic Training Katja M.	17:50 - 18:50 Pilates Katrin	17:00 - 17:50 Reha-Sport	17:30 - 18:50 Yoga Jutta	18:00 - 19:00 Fitboxen PRO Moni		
18:00 - 19:15 Rücken - five® Petra	18:00 - 18:55 Cycling Sandra	17:45 - 18:40 Cycling Katja M.	17:30 - 18:25 Reha-Sport			
18:20 - 19:15 FitSteps® Ilka	18:00 - 19:25 Pushpower Moni	17:45 - 18:45 World Jumping Sirikit	18:30 - 19:30 Cycling Nadine Sauer			
18:30 - 19:45 Cycling Ralf	19:00 - 19:45 4DPro Kim	18:00 - 18:45 4DPro Janick	18:30 - 18:50 Bauch Moni			

 Ausdauer
 Gesundheit

 Entspannung
 Tanzen

 Figur

 Funktionelles Tr...

Stand: 24.05.2019

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<p>19:20 - 20:15 World Jumping Sirikit</p> <p>19:30 - 20:30 Pushpower Fabian</p>	<p>19:05 - 20:05 Team Rudern Thomas</p> <p>19:30 - 20:30 Fitboxen Moni</p>	<p>18:45 - 19:30 Athletic Training Katja M.</p> <p>19:00 - 20:30 Tai Chi Doris</p>	<p>19:00 - 20:00 Bodyworkout Nadine</p> <p>19:00 - 20:00 Pushpower Hot Moni</p>			

- Ausdauer
- Entspannung
- Figur
- Funktionelles Tr...
- Gesundheit
- Tanzen